

# Eyak Echo

ECHOES OF OUR ANCESTORS



CULTURE WEAVING

## *Chilkat & Ravenstail*

Northcoast Woolen Weaving Apprenticeship

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# Native Village of Eyak Employees

## TRIBAL COUNCIL

Mark Hoover ..... Tribal Council Chairman  
 Sylvia Lange ..... Tribal Council Vice Chairman  
 Pam Smith ..... Tribal Council Secretary-Treasurer  
 Tom Andersen ..... Tribal Council Member  
 Darrel Olsen ..... Tribal Council Member

## NATIVE VILLAGE OF EYAK

Ted Wright ..... Executive Director  
 Brooke Mallory ..... Deputy Director  
 Zhiyong (John) Li ..... Finance Director  
 Steve Bambakidis ..... IT Director  
 Kari Collins ..... Health Administrator  
 John Whissel ..... DENR Director  
 Tammie Dillon Smith ..... Human Resource Manager  
 Anieessa Hodges ..... Human Resources Assistant  
 Reyna Newirth ..... Executive Administrative Assistant/Office Manager  
 Bert Adams ..... Special Projects Manager  
 Carla Bloomquist ..... Receptionist  
 Joe Cook ..... Maintenance  
 Jackie Ladd ..... Elder Services Coordinator  
 Christine Belgarde ..... Elder Services Assistant  
 Jessica Weaver ..... Family Program Coordinator  
 Shannon Phillips ..... Family Program Assistant  
 Jessicca Jones ..... Wellness Event Coordinator  
 Heather Thorne ..... Victim Advocacy & Response Coordinator  
 Kayley DeLozier ..... ICWA Assistant  
 Vivian Kennedy ..... Food Assistance Program Manager  
 Kym Magallanes ..... Staff Accountant  
 Celeste Gasmen ..... Accounting Technician  
 Mikie McHone ..... Procurement and Asset Manager  
 Sean O'Brien ..... Capital Projects Director  
 Myra Eleshansky ..... Housing Coordinator  
 Tyler Quiring ..... Capital Projects Office Administrator  
 Carl Rowland III ..... Labor Technician II  
 Charles Hodsdon ..... Labor Technician I  
 Matt Piche ..... Natural Resources Coordinator  
 James Paley ..... DENR Engineer  
 Ivy Patton ..... Environmental Coordinator  
 Caitlin McKinstry ..... DENR Biologist I  
 Andy Pfeiffer ..... IT Coordinator II  
 Russell Mallory ..... IT Coordinator I  
 Lennette Ronnegard ..... Enrollment Clerk

## ILANKA COMMUNITY HEALTH CENTER

Cindy Bradford ..... Operations Director  
 Brian Iutzi ..... Physician/ Co-Medical Director  
 Benjamin Head ..... Physician/Co-Medical Director  
 Delia Reyes ..... Nurse Practitioner  
 Nicole Piche ..... Clinical Services Manager  
 Cassi Septien ..... Registered Nurse  
 Karin Siebenmorgen ..... Registered Nurse  
 Ellen Sheridan ..... Case Manager/Registered Nurse  
 Florelyn Adajar ..... Certified Clinical Medical Assistant  
 Jim Cabusora ..... Medical Assistant  
 Julia Merritt ..... Medical Assistant  
 MaryCris Carino ..... Certified Clinical Medical Assistant  
 Reese Plant ..... Laboratory Supervisor  
 Laura Appleton ..... Patient Services Specialist  
 Rebecca Calfina ..... Patient Services Specialist  
 Berna Quemado ..... Patient Services Specialist  
 Jessica Arasmith ..... Patient Services Supervisor  
 Ron Smith ..... Administrative Assistant  
 June James ..... Grants & Finance Specialist  
 Shannon Mallory ..... Revenue Cycle Supervisor  
 Alvin Calad ..... Revenue Cycle Specialist  
 Susan Powell ..... Behavioral Health Director  
 Sun Young An ..... Behavioral Health Clinician  
 Holly Maguire ..... Behavioral Health Clinician  
 John Yakanak ..... Behavioral Health Clinician  
 Barbara Solomon ..... Licensed Nutritionist  
 Nicko Felix ..... Environmental Services Technician

## ILANKA CULTURAL CENTER

Danaya Hoover ..... Cultural Director  
 Teal Hansen ..... Cultural Center Coordinator  
 Janalie Howard ..... ICC Assistant  
 Shyla Krukoff ..... Sugcestun Language Specialist  
 Mark King ..... Subsistence Boat Captain  
 Jessie Alexander ..... Traditional Harvesting Coordinator

## TRIBAL ENTERPRISES

Bob Ladd ..... Prince William Marina Manager



### Wedding

# Hayley Hoover & David Fleming

Hayley Hoover, daughter of Tony and Christa Hoover, and David Fleming were married on October 1 in Cordova. Their ceremony took place at St. George's Episcopal church and was officiated by the Rev. Belle Mickelson. Dinner and reception followed at Orca Adventure Lodge.

All photos by Bree Mills



**NVE ELDER MUG-UPS**  
 Noon - 2PM. | 3rd Thurs. of ea. mo.  
 Nov. 18 Turkey Baskets 10-12  
 Dec. 14 Christmas Party 12-2



**BRING A DISH TO SHARE WITH FRIENDS**  
 TFS Office @ Pioneer Square  
 907-253-7230 | 907-429-7230  
*Reminder robo-calls go out the Monday before.*

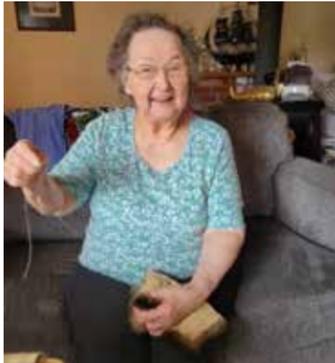


**EMPLOYMENT OPPORTUNITIES AT NVE**  
**View current available positions at**  
**WWW.NVEYAK.COM/JOBS**  
 or call NVE's Human Resources Manager Tammie Dillon Smith at  
**907-424-7738**

Full job descriptions and applications are available at NVE's main office at 110 Nicholoff Way, online at [www.nveyak.com/jobs/](http://www.nveyak.com/jobs/) and on Facebook at <https://www.facebook.com/NativeVillageofEyak/>



Marie Nichols with her finished zipper-pull.



Leona Olsen works on her sea otter pillow.



All photos courtesy of Chugachmiut, Jackie Ladd and Cheryl Eleshansky  
From left, June Harrelson, Cheryl Eleshansky, Marie Nichols and Leona Olsen tune into their Zoom class with artist Diane Selanoff during the sea otter pillow craft.



Leona Olsen with her completed sea otter pillow.



June Harrelson works on her sea otter pillow.



Salmon before it is made into salmon leather for the zipper-pulls.



Artist Diane Selanoff



Salmon skin zipper-pull.



Marie Nichols works on her sea otter pillow.

**CHUGACHMIUT**

Crafting with artist *Diane Selanoff*

**BY CHERYL ELESHANSKY**

Local Cultural Coordinator, Cordova  
Chugachmiut Heritage Preservation  
cheryle@chugachmiut.org

During Chugachmiut's quarterly meeting from June 28-30, artist Diane Selanoff taught a Fish Skin Zipper Pull class via Zoom. Pre-made kits were distributed to those wanting to learn the new craft. Attendees Marie Nichols and Leona Olsen participated. The following week, July 6-8, Diane Selanoff was back with another Zoom class, this time a Sea Otter Pillow craft. NVE Elders Marie Nichols, June Harrelson, Leona Olsen and Patience Faulkner attended. Thank you to NVE/Elder Services for hosting the venue area for elders to work on their projects.



My wife, Andrea (Kompkoff) Olson is an Alutiiq from Tatitlek. Photo courtesy of Nils Olson

**LETTER**

How the Eyak Echo has grown with the Tribe over 20 years

I'm Nils Olson writing from Japan. It was in 2001 that I worked for NVE under the leadership of Executive Director Bruce Cain. It was then he asked me to start printing what we titled the Eyak Echo, a newsletter printed on 8.5" by 11" copy paper, printed on a brand-new Xerox copier and stapled and mailed out to NVE members and other Native organizations all over the state. I was in your office recently and picked up a copy of the ECHO. Boy, it sure has become a beautiful publication when compared to that of more than twenty years ago. I'd like to know if you might consider placing me on a mailing list so I could get future publications. I'm overseas in Japan, so I understand if it's not possible, but I thought I would ask anyway.

Many thanks for the good job you're doing in continuing to print the Eyak ECHO.

—NILS OLSON

**SUBMIT YOUR LETTER:**

Write a letter to the Eyak Echo at [echo@eyak-nsn.gov](mailto:echo@eyak-nsn.gov)

**TRIBAL ENROLLMENT**

The who, how and whys of tribal enrollment

**BY LENNETTE RONNEGARD**

Enrollment Clerk  
[lennette.ronnegard@eyak-nsn.gov](mailto:lennette.ronnegard@eyak-nsn.gov)

**Who should be enrolled?**

Any linear descendant of a member on the Base Roll  
Children of linear descendants and tribal members

**How do I enroll?**

Applications are available at the main office and on the NVE Website (<https://www.eyak-nsn.gov/>). Click on Forms and Publications, then Enrollment. Return your application form with your Birth Certificate, CIB, and proof of residency. Proof of residency is not required for minors.

**Do people who are on the base roll need to "enroll"?**

Tribal members who are on the base roll should make sure they have their documents on file. Tribal ID's are NOT issued to members who have not submitted documents.

**What is the process to enroll someone who would be an inactive tribal member?**

The process to enroll an inactive tribal member is the same process as an active member.

**Why should I enroll ?**

- You can apply for a federally recognized tribal ID.
- Your tribal ID is proof of enrollment which is often required when applying for various programs (Child Care assistance, Housing Mini-grants, etc)
- When your documents are on file you can request copies so if you can't locate a copy or need a copy e-mailed to you, we can provide that for you.
- Enrollment insures your eligibility for tribal programs.

**Enhanced IDs**

The Enrollment Department is working toward issuing Enhanced ID Cards. These cards would allow you to enter Canada and Mexico without a passport. While we are a couple of years away from this being in place, these forms of ID will make travel easier for tribal members. Having your documents on file will expedite this process.

For more information, contact Enrollment Clerk, Lennette Ronnegard at [lennette.ronnegard@eyak-nsn.gov](mailto:lennette.ronnegard@eyak-nsn.gov) or call 907-424-2249.



## CULTURE WEAVING

# Chilkat & Ravenstail

## Northcoast Woolen Weaving Apprenticeship



Lily Hope wearing the finished robe before going to Houston, Texas. Photo by Sydney Akagi



## BY MELINA MEYER

Tlingit/Aleut  
@AKmelina

Hello tribal members. I started an in-person apprenticeship with the award renowned weaver Lily Hope (Tlingit, @LilyHopeWeaver, LilyHope.com) down in Juneau. I started taking online classes with her 2 years ago. She offers her instructional videos through her Patreon and a Zoom gathering every Sunday. She has created a community of weavers that share our weaving journeys, life events, and cultural knowledge with each other, and I now call each and every one of them my friend.

Ravenstail weaving is an art of weaving that was reborn by Cheryl Samuel in the 1980s. She visited and documented robes housed around the world. The designs showed a close resemblance to basket weavings but were wove with mountain goat and some plant fibers (in warp cordage). She published the book "The Ravens Tail" that is now out of print and is a wealth of information. Many today now weave Ravenstail, and you can see it again in our communities.

Chilkat or Naaxein weaving came after Ravenstail. You can see examples of what we call transitional pieces which have elements of formline design in the Ravenstail. Naaxein (Chilkat) is formline weaving using mountain goat and cedar bark (in warp cordage). Naaxein (Chilkat) weaving has been passed down from weaver to weaver. With some sharing only in their close circle, or more recently, to a larger group of new eager weavers.

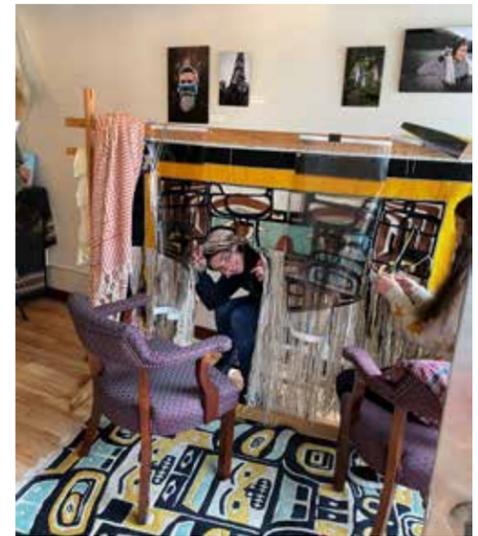
You can now find classes available to learn these weaving techniques and cultural protocols. I was able to take a class taught by Brooke (Johnson) Mallory at NVE in 2019 that started my weaving journey. There's also an upcoming Chilkat class offered by NVE that I hope many of you can participate in.

There are a limited number of weavers that have the knowledge to weave full size regalia robes. Robes take a minimum 1500 hours to weave, not including the preparation work before starting the weaving. Warp cordage we use is thigh spun. It has a tight twist that needs to be done by hand, inch by inch. Today we often use marino wool for it's accessibility in place of mountain goat. The older robes seem to have a higher amount of cedar bark in the cordage, but with the current scarcity of yellow cedar, we use less cedar. The other way the preparation has adapted, is the use of commercial wool yarn for the weft, instead of hand spun. This yarn is difficult to find similar properties to the hand spun mountain goat and is twisted in the opposite direction, causing techniques to differ slightly.

We adapt and keep weaving our history.

With the apprenticeship I'm currently participating in, I hope to continue for the long haul. I want to have the knowledge beyond the techniques to weave full size regalia for our region and pass along to others.

We just finished a full-size robe that is now housed at The Houston Museum of Natural Science in the new "Great Halls of the Americas". It's called "Between Worlds". Lily



Melina Meyer peeking through the robe in progress. Photo courtesy of Melina Meyer

Hope created this piece and apprenticed me and other students. I had close to 300 hours weaving on it. Weaving side by side with other weavers is an experience like no other.

"Between Worlds" is a contemporary design for a Chilkat robe. It has a Chilkat face and hands behind a diving whale formline design. Chilkat formline designs are clan owned and one must be careful with weaving specific designs. The diving whale design is one that isn't specifically owned by one clan. It has been woven many times over the years with different adaptations each time.

I continue this apprenticeship with the start of two new full size Ravenstail robes and a child-size Chilkat robe of the "Between Worlds" robe at the Lily Hope Studio. I'm also working on my own pieces and spinning cordage for this work.

My hope, dream, goals are to start collecting mountain goat wool/hair to create regalia pieces for our region. Studying with as many weavers as I can, learning about cultural protocols, studying the old pieces in different collections with robes and basketry, and being part of the community with all our relations.

**Gunalchéesh, AwA'ahdah, Quyanaa, Thank You, for allowing me to share the work I'm doing.**



Robe being steamed. Photo courtesy of Melina Meyer



Melina Meyer (front left) and Lily Hope (back middle). Photo courtesy of Melina Meyer



# The Copper River Family of Companies Quarterly Update

## A Letter from Sylvia Lange, ANGS Chairman

Hello Fellow Tribal Members,

It is my pleasure to offer this update on the latest business in your subsidiary company, ANGS. The ANGS Board of Directors manages and oversees, on your behalf, the Copper River Family of Companies. Your NVE Council understands our ownership of these companies to be a vital means of furthering the vision and mission of our Tribe through meaningful and significant dividends and economic opportunities. We have been an active participant in the Small Business Administration 8(a) program since 2006. Building upon these years of experience, I am happy to report that our Copper River Family of Companies is on track to finish this year strong, fulfilling out budgeted dividend for NVE's Tribal Fund. We pledge to continue our increased oversight, transparency, and communication regarding our businesses and their management on your behalf. Our CEO, Kevin McLaughlin has included a companywide update, and we are sharing photos and descriptions of the work our companies have been doing. Please feel free to contact me, or NVE for any questions we may answer. Also, please check out our website at CopperRiverMC.com. We welcome any suggestions or comments.

Gunalch'eech,  
Sylvia Lange, Board Chair

## RECONCRAFT » Expands Into New Shipyard

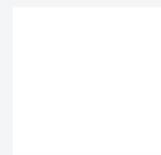
Reconcraft welcomed members of the ANGS Board and Copper River Senior leadership to their new 40,000 sq ft climate-controlled manufacturing facility in September. The new facility contains a 125-foot indoor test pool, secure fabrication areas, and several acres of paved laydown area. The new shipyard, located in Clackamas, Oregon is situated within the hub of Portland's maritime industry and significantly reduces the commute time of Reconcraft employees from home to work. Speaking about the new location, Jon Hoflich, President of Reconcraft said "In addition to an ongoing 45-vessel program for the U.S. Coast Guard and several notable vessel programs for U.S. Navy and U.S. Customs and Border Protection, the Reconcraft Shipyard provides our government clients with modern facilities, resources, capabilities, and experience to support large-scale advanced shipbuilding programs."



RECONCRAFT Clackamas facility



ANGS Chair Sylvia Lange throws a line to Reconcraft President Jon Hoflich



Inside the new Reconcraft facility



## Coho Integrated Solutions Lands Puget Sound Contract



Coho Integrated Solutions (Coho IS) has been awarded a \$3M subcontract by its partner, Federal Staffing Resources, to provide centralized Patient Appointing Services (PAS), Referral Management Services (RMS) and Clear and Legible Reporting Services (CLRS) at the Puget Sound Military Appointing Center (PSMAC).

The PSMAC is a contractor operated centralized services center that serves as the first point of contact for PSMHS beneficiaries as they seek healthcare services and is therefore a critically important resource in the Defense Health Agency healthcare delivery system.

Coho IS will support the call center that manages inbound and outbound calls from beneficiaries, validates beneficiary eligibility, schedules, cancels, and reschedules patient appointments providing timely access to quality healthcare. Additional services include outbound calls to schedule specialty appointments for beneficiaries who have received a direct care specialty referral.



## Coho Construction Management Wins Large Camp Pendleton Bid



Coho Construction Management has won a large Camp Pendleton Voice Modernization contract to Engineer, Furnish, Install, Secure, and Test (EFIS&T) a modernized voice communications infrastructure consisting of over 47 different buildings. The Coho CM Team was able to show the Marine Corps a way to implement this complex solution which has been 10 years in development. Coho CM will also work with Camp Pendleton to develop a Voice over Internet Protocol (VoIP) deployment strategy to migrate additional analog users to digital services in the future.

## Copper River Infrastructure Services Awarded Skilled Labor Contract



Copper River Infrastructure Services landed a large Blue Collar Skilled Labor and Professional Support Services contact for the Mid-Atlantic Region. Copper River Infrastructure Services (CRIS) will provide skilled labor and professional support services to the Government at various locations within the Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic (MIDLANT) Area of Responsibility (AOR). The primary work sites will be in Hampton Roads VA, Pennsylvania, New Jersey, Maine, Connecticut, Rhode Island, Illinois, and Indiana; and Marine Corps installations in North Carolina, South Carolina, and Georgia locations; however, other areas are included as identified in the Performance Work Statements (PWS) and ELINs.

Contract work will include Administrative Assistants, Carpenters, Electricians, Engineering Technician (general), Heating Ventilation and Air-Conditioning (HVAC) Mechanics, Heavy Mobile Equipment Mechanics, Heavy Equipment Operators, Locksmiths, Machinists, Plumbers, Automotive Mechanics, Transportation Specialists, and Sheet Metal Mechanics.



27th ANNUAL SOBRIETY CELEBRATION

# Mending Cultural Connections

BY JESSICCA JONES  
Wellness Event Coordinator  
jessicca.jones@eyak-nsn.gov

The Native Village of Eyak has successfully hosted 26 Sobriety Celebrations which have blossomed each year in both support and attendance since 1994. This year's 27th Annual Sobriety Celebration on Nov. 11-13 will be an in-person event with dancers returning to Cordova to participate in your favorite activities, including the potluck dinner catered by Chris Belgarde.

The idea for the Sobriety Celebration was based on tapping into traditional methods of healing. This year's theme, "Mending Cultural Connections", states clearly that we are connecting while mending our cultural connections. Its verbiage speaks so loud to our native communities of coming together and mending the rift caused by the COVID pandemic. Healing and taking control of who we are and how we will mend the cultural connections starts here in Cordova during this celebration.

Teal Hansen is an amazing artist who works on many levels of her artistry. We are lucky to have her. She won the Theme and Logo Contest with her thoughtful words and talented artistry. The dancers come from all over the region, representing the beautiful regalia and graceful dancers who dance together in unity and respect, clearly mending the cultural connections.

Each year the participation rate increases as more community members and guests become clean and sober and want to be involved. In the community-centered approach to substance abuse prevention, we can create a network of safety and caring relationships. This network is made available to our community and outlying villages so that everyone feels strengthened to satisfy their need to solve problems constructively.



**CALLING ALL VOLUNTEERS!**

Call Jessica Jones 907-429-7997 to find out how you can volunteer at Sobriety Celebration!

**DJ MUSIC**  
**SOBRIETY DANCE**  
DJ KEITH NOLAN

**12** AT: 9PM-11PM  
**NOVEMBER 12**  
MASONIC HALL  
TOP OF MAIN STREET

**2022 27TH ANNUAL SOBRIETY CELEBRATION**

for more info call Jessica Jones 907-429-7997

**CALL FOR SILENT AUCTION ITEMS**

27TH ANNUAL SOBRIETY CELEBRATION SILENT AUCTION. IF YOU WOULD LIKE TO DONATE PLEASE CALL JESSICCA JONES AT 907-429-7997

JESSICCA.JONES@EYAK-NSN.COM




27TH ANNUAL SOBRIETY CELEBRATION & POTLATCH  
MENDING CULTURAL CONNECTIONS



**November 11th - 13th**  
**Cordova, Alaska**



Teal Hansen's winning artwork for this year's 27th Annual Sobriety Celebration, "Mending Cultural Connections".



NVE Employees

Welcome to our team!



**Charles Hodson**  
Labor Technician I

"I've been working on-call for NVE since 2016. I am proud to be a tribal member and now full time in the Capital Projects Department. It is my pleasure to help fulfill the mission of NVE, to be of service to the tribe and represent our people. Outside of work, you can catch me with my family, working on my car or maybe luring in a Dolly Varden."



**Zhiyong (John) Li**  
Finance Director

"This is my second time joining NVE. I am so happy to be back in Cordova and even happier to be part of the NVE team again. Besides enjoying working with numbers, I love outdoor activities."



**Carla Bloomquist**  
Receptionist

"I started working with NVE, as a receptionist, this September. I love helping others and have enjoyed getting to know fellow staff members."

Some of my hobbies include hiking, berry picking, fishing, and being outside with my boys when the weather allows it."



**Lara Kreyling**  
EHR Applications & Reporting Specialist

"I grew up in rural Virginia and moved to Cordova in 2010 after getting a few years under my belt as a nurse in a big hospital. I love my current role and being a nurse at Ilanka Community Health Center. My pride and joy are my children, Lucy (7) and Maggie (3) and I'm thankful to be living life in Cordova with my husband Mike and our faithful dog, Rudy. I love to read, travel, cook and hike!"



**June James**  
Grants & Finance Specialist

Meet June James, our Grants and Finance Specialist. June joined ICHC in August of this year. She loves music, fitness, anything Hebrew. She enjoys working for ICHC and being able to use her programming skills.



**Alvin Calad**  
Revenue Cycle Specialist I

"I moved to Cordova 2017 and have a Bachelor of Science in Pharmacy from Mariano Marcos State University in the Philippines. I previously worked at CCMC for 4 years and 8 months as the Administrator of Sound Alternatives. I love learning, dealing with patient care and love travelling with my wife and my daughter."



# NATIVE VILLAGE OF EYAK FOOD ASSISTANCE

Native Village of Eyak **Food Bank** is made possible by Food Bank of Alaska. Through them, we can offer a wide variety of shelf stable, frozen and fresh foods monthly to all eligible community members.

Eligibility is income based and automatic for those on SNAP (food stamps), TANF / TRIBAL, SSI or Medicaid, CSFP or FDPIR and those receiving NSLP / LUNCH FREE/ REDUCED.



## MONTHLY DISTRIBUTION

Food distribution occurs the 3rd and 4th weeks of each month after new freight arrival.



**Email or call to schedule an appointment.**

*\*closed during designated holidays*



Visit us online: [WWW.EYAK-NSN.GOV](http://WWW.EYAK-NSN.GOV)  
Email: [FOOD@EYAK-NSN.GOV](mailto:FOOD@EYAK-NSN.GOV)  
To schedule pickup, call:  
**907-424-COOK (2665)**

*"USDA is an equal opportunity provider."*



Heather Thorne reads 'When I was 8' at the end of Cultural Week.

All photos courtesy of Bree Mills



TRIBAL FAMILY SERVICES

# Social Emotional Wellness (SEW) Group

BY BREE MILLS  
Tribal Family Services Director  
bree.mills@eyak-nsn.gov

Each Monday, Wednesday, and Friday, TFS staff leads an after-school program for 8-12 elementary aged students focused on topics that reinforce social emotional wellness. We start each class with play time at the park or Mt. Eccles gym and move into snack and reading time. We prepare the children a snack and read them books from the "Teach Your Dragon" series. We cover a variety of topics including addressing age-appropriate ways to talk about stress and grief, what it means to be kind or a good friend, or what empathy is and why it's important. We learn new skills and incorporate a craft that reinforces our message or theme of the day. This program has been a big hit with students and parents alike and we are so excited to be offering this for our youth. If you would like to volunteer your time or skills, we are always looking for more hands to help with our incredible students.



Social Emotional Wellness group plays a hopscotch spinoff.



Addy Jensen works on her self-portrait after a class on what it means to love yourself.



Gravina Hansen showing off her Northern Lights chalk drawing.



Margaret Lundli (left) and Mackenzie Thorne (right) work hard on their sunshine wall hangings.



Photo courtesy of Jessica Jones  
College students participate in Foraging Club.

TRIBAL FAMILY SERVICES

# Foraging Club

BY JESSICCA JONES  
Wellness Event Coordinator  
jessicca.jones@eyak-nsn.gov

This summer, I hosted a Foraging Club from noon to 4 p.m. every Wednesday. We went out the road and foraged for berries and had some fun groups, including a group of college students.

I took them out to Sheridan Glacier and introduced them to NVE staff that could help them with their projects. This was an extremely fun program, and I enjoyed every trip.

I spent time with elders, students and community members who expressed interest. I worked exclusively with Jessie Alexander the subsistence coordinator who helped with this program. She gathered many berries this summer and we worked hard on creating juices and jams and I can't wait to bring this program back next year.

Thank you to everyone who took a day to forage with me. I will be back foraging when I see the spruce tips and fiddle heads!

Keep a look out for when we start up and you can join the Foraging Club by calling Jessica Jones at 907-429-7997.

# Elder Rides Out & About

1:00 - 2:30 p.m. Thursdays  
Out & About rides are for getting out of the house and visiting with other Elders while enjoying the beautiful sites around town.



Call Jackie Ladd at 907-253-7230  
Chris Belgarde at 907-429-7230



Arleene Olsen, Chris Belgarde and Marie Nichols at Alaganic for a summer picnic. Photo courtesy of Jackie Ladd

ELDER SERVICES

# Staying active and building connections

BY JACKIE LADD  
Elder Services Coordinator  
jackie.ladd@eyak-nsn.gov

WORKING TOGETHER

NVE Elder Services, Family Program and Chugachmiut Heritage Preservation programs have been working together to increase the elder and youth participation in the Tea & Tang discussions. Through this effort we have been able to bring in traditional ecological knowledge from our Elders to have documented and preserved. Tea & Tang was held bi-monthly event via Zoom.

With the help from NVE Elder and Family Program Coordinators Jackie Ladd and Jessica Weaver and their assistants Chris Belgarde and Shannon Phillips, the Chugachmiut Local Cultural Coordinator Cheryl Eleshansky is able to connect tribal members with other Chugach Region members to discuss a variety of topics. So far we have discussed the venues to access shared material, Fishing Then & Now, Peksulineq (Signs of Spring), and Edible Plants.

The Sea Otter Pillow project with Diane Selanoff happened July 6-8 on Zoom so all of our communities throughout the Chugach Region could join in. Thank you, Chugachmiut Heritage Preservation!

ELDER MUG-UPS

NVE Elders gather for a mug-up once a month. This is a lunch provided by the Elder Services Program at the Tribal Family Services building on First Street (old city museum location across from the gas station) from noon to 2 p.m. on the last Thursday of each month. Keep in mind, due to Holidays or staff travel, it might change. We always send out a robo-call announcement the Monday before our mug-up as a reminder. If you have a current email on file with NVE you will also get an email notification. While attending the mug-up, we provide outreach opportunities about services in our community. Barbara Solomon, Nutritionist from Ilanka Community Health Center, come and talk about her program.



For Grandparents' Day, we enjoyed a fun ice-cream social on Friday, Sept. 9. Photos courtesy of Bree Mills

GRANDPARENTS' DAY

We had a wonderful turnout for Grandparents' Day, celebrated on Friday, Sept. 9 at the Tribal Family Services building. It was full of sweet smiles, ice cream, books, balloons and laughter.



Jerry Patton at the Alaganic picnic. Photo courtesy of Jackie Ladd



Chris Belgarde and Eva Hager pick berries along Whitshed road. Photo courtesy of Jackie Ladd

ELDER RIDES

NVE Elder Services Program offers Out & About rides from 1-2:30 p.m. every Thursday. These rides are for getting out of the house and visiting with other Elders while enjoying the beautiful sites around town. Some of our rides have included a picnic at Alaganic and berry picking along Whitshed Road.

The Elder Service Program assists and coordinates services and activities for Alaska Native and American Indian Elders (55 and older). These services provide a healthy lifestyle and encourage our elders and youth to interact and share our traditions, culture, and crafts across multiple generations.

For more information, please contact: Jackie Ladd, Elder Services Coordinator, elders@eyak-nsn.gov, 907-424-2230.



All photos courtesy of Shannon Phillips  
Rows of brand-new backpacks filled with class supplies and culturally relevant books are organized by grade for easy distribution.

BACKPACK BASH

## Over 100 backpacks distributed

BY SHANNON PHILLIPS  
Family Program Assistant  
shannon.phillips@eyak-nsn.gov

This year's backpack bash was a huge success. We distributed over one hundred backpacks filled with grade appropriate school supplies and culturally relevant books gifted from our Cultural Department. We had an array of colors and fun designs that our youth could choose from. It was so fun to see all the excitement and smiling faces.

Ilanka Cultural Center donated books for Tribal Member Children to go out in the backpack distribution thanks to funds from Institute of Museum and Library Services, Tribal Library Grant. We would like to thank IMLS for the opportunity to share these Culturally relevant books with our youth. Titles included Molly of Denali Box Collection, Children of the First People, Killer Whale Eyes, Dog Diaries-TOGO, Journey of the Freckled Indian, Little Whale, Island War, Fighter in Velvet Gloves, Eskimo Yo Yo: 100 Alaska Eskimo Yo Yo Strategems, Cordova History Book, and Alaska Wild Plants Field Guide.

A special thank you to Chugachmiut Heritage Preservation for your support with this year's distribution!



Students with their new backpacks.





Healthy halibut tacos on whole grain tortillas. All photos courtesy of Vivian Kennedy

FOOD ASSISTANCE PROGRAM UPDATE

First Nutrition Event a success

VIVIAN KENNEDY Food Assistance Program Manager vivian.kennedy@eyak-nsn.gov

On the evening of July 12, NVE's Food Assistance Program and ANTHC's FDPNE (Food Distribution Program Nutrition Education) partnered up to host a Nutrition Education event that was free and open to the community at the Masonic Lodge.

Community members of all ages trickled in and found a seat where healthy snacks and food-related games and puzzles were waiting for them. Videos depicting local harvesting and cooking techniques played on the wall from a projector until we were ready to begin the presentations and cooking demonstrations.

First up was a quick pickle recipe, followed by halibut tacos and finally, rhubarb berry crisp.

Education focused on the benefits of whole grains and how to better understand packaging to make sure you're getting the recommended amount for a healthy diet. We also learned a lot about what foods are naturally available to us in our own community and how to incorporate those into other recipes.

One of the biggest things I noticed was the level of youth engagement. The group was eager and energetic. Instilling the importance



of healthy nutrition and making smart food choices at an early age is going to benefit them well into adulthood.

Participants earned prizes including wild plant books, local gift cards and little knick-knacks. Each received copies of the printed recipes that we prepared and a fridge magnet. Folks were also able to keep the nutrition puzzles and memory games and I have a set in the kid corner in my office. The extra materials have proven beneficial beyond the event.

The cooking demonstrations were just the right amount of information to digest in one sitting and immediately following, we all got to enjoy the wonderful food. Participants had only great things to say and were glad



ABOVE: Fun games about nutrition were available on each table to start the evening off with some added fun.

CENTER: After the halibut taco demonstration, we got to help with the best part... eating the delicious, healthy food.

they came. One said they wish more people showed up, but as our first in-person event coming out of COVID, the size of the group was perfect. We ended the evening with Gregory Nothstine, Program Manager at ANTHC, teaching us the "Float Coat Song". \*A previous recording of the song is available for viewing on YouTube at <https://youtu.be/EHd2ACY-1bus>.

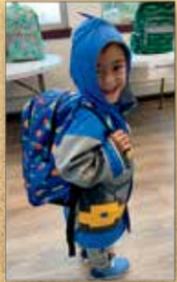
I'd like to thank the wonderful staff from ANTHC/FDPNE for coming to Cordova and preparing such a beautiful and educational event with amazing food. We hope they'll come visit us again real soon and that you'll join us at the next event.



*Quwanakcuk - Aw A'ahdah - Gunalcheesh*  
**Chugachmiut**  
 HERITAGE PRESERVATION

*for funding the following youth programs:*

- Back to School Backpack Bash
- Builder Buddies STEM Club
- NVE Girls Club
- Tribal Youth Photography Group (NEW GROUP!)
- Neurodiverse Support Group (NEW GROUP!)
- Tribal Youth Drum Making (NEW GROUP!)





ABOVE: Eager participants raise their hands during the event.

LEFT: Presenters Claire and Savanah from ANTHC/ FDPNE demonstrate the quick pickle recipe.

JOIN US FOR  
**MOMS  
 POPS  
 & TOTS**

**AGES 0-4  
 5PM-6PM**

**1ST WED. OF EACH MONTH  
 AT THE TRIBAL FAMILY  
 SERVICES BUILDING**

WE WILL HAVE SOFT TOYS &  
 A STORY TO HELP WIND  
 DOWN YOUR EVENING.

**\*OPEN TO THE COMMUNITY\***



CONTACT:  
 JESSICA WEAVER  
 SHANNON PHILLIPS  
 NVEFAMILIES@EYAK-NSN.GOV  
 907-424-2246

**BUILDER BUDDIES  
 STEM CLUB**

LAST WED. OF EACH MONTH  
 5PM-6PM  
 TFS BUILDING  
 14 SPOTS AVAILABLE  
 TRIBAL MEMBERS, K-8TH GRADE

*Explore science, technology, engineering, and math through fun activities. Parents, grandparents, caregivers, or role models are all welcome and encouraged to participate.*

**For more info, please contact**  
 Shannon Phillips or  
 Jessica Weaver  
 nvefamilies@eyak-nsn.gov  
 907-424-2246




**ELDER SERVICES**

*For information on Elder services, activities and events, contact*

**Jackie Ladd**  
 Elder Services Coordinator  
**907-253-7230**

OR

**Chris Belgarde**  
 Elder Services Assistant  
**907-429-7230**  
 8AM - 5PM Monday thru Friday



3-4th grade classes with their octopus bags. Photo by Teal Hansen

CULTURAL WEEK

# Sharing our traditions and practices



Kindergartener Katella Hansen works on her leather headband. Photo by Teal Hansen



4th grader Henry Kruihof works on his octopus bag.

Photo by Danaya Hoover



Adelyn and Aurora Gloe with octopus bags made in 3rd & 4th grade. Picture by Teal Hansen

BY DANAYA HOOVER

Cultural Director  
danaya.hoover@eyak-nsn.gov

Cultural Week is all about sharing indigenous knowledge with the kids of Cordova. It is a fun filled week of learning traditions and practices, history and skills of the Native people from our region. This year, special guests came from different parts of Alaska for the event held at Mt. Eccles Elementary School during the last week in September.

Each day covered a different cultural topic. On Monday, students learned about regional species and uses. On Tuesday, they learned about traditional watercrafts, hunting tools and techniques, and on Wednesday they learned about respect and regional values when hunting and gathering.

We invited Elders to come sit in on these talks and share information and stories with the students. In addition to the traditional presentations, our guests also helped teach craft classes in the afternoons.

On Thursday, NVE's Subsistence Boat Captain Mark

King and Traditional Harvesting Coordinator Jessie Alexander shared how to make Akutuq, a traditional ice-cream made with berries, shortening and sugar.

Throughout the week, Mt. Eccles students moved around to different stations where they learned and experienced so much, including lessons in traditional dance and language with Shyla Krukoff who makes learning a fun experience with creative games and activities. In just 4 days, students learned the words to songs and how to dance with them.

Native Youth Olympics were taught in the gym with Jake Holley and youth volunteers. Kids got to try out 9 different events that were challenging and represented subsistence activities and survival skills used by our ancestors.

Kindergarten classes were taught by Shannon Phillips and Cheryl Eleshansky who put on a puppet show that was entertaining and informative about the clothes our ancestors wore and what they were made of. Students made paper plate dance fans that they colored and decorated with feathers, leather headbands adorned with pony beads, and they beaded their own necklaces.

In the afternoons, we had craft classes for the different grades. First and second grade was taught by Jessica Jones, Bree Mills, and Carol Conant. Students made paper raffia dance fans using the same weaving techniques as one would use to make a traditional basket. Once their fan was complete, they added paper feathers. Third and fourth grade made felt octopus bags that were sewn and decorated by the kids with instruction from Teal Hansen and Nancy Yeaton. Fifth and sixth grade was taught by Kayley Delozier and Camille Perry. They made pressed flower mandalas using local dried/pressed plants and flowers by first pressing the plants and flowers between two clear sheets, then matting them and beading their own design to hang on the wall.



Evelyn Smith demonstrates the two-foot high-kick at Friday's assembly. Photo by Teal Hansen



Elora Renner practices the wrist carry. Photo by Danaya Hoover



Myron Hodges, Maverick Kennedy and Tanner Lohse ask traditional presenters questions. Photo by Danaya Hoover

On Friday, we held a special assembly inviting parents to come and see what their children learned throughout the week. There were 3 special dance performances of Ti Lu Ci, Akutaq Song, and the Otter Song. The kids did an amazing job learning the words, singing, and performing!

During the assembly, we had Native Youth Olympic demonstrations with brave volunteers who shared with the audience the different events they practiced. Following the assembly and rounding out Cultural Week was traditional foods tasting in the cafeteria during lunch that was coordinated by Darrel Olsen and his team of food preparers. Parents, students, staff and helpers got to taste halibut, salmon eggs, akutaq, fry bread, and king salmon dip.

### A HUGE thank you!

I would like to thank Mt. Eccles Elementary School for providing the space so we could share our cultural knowledge with Cordova's students and for their staff who helped coordinate and assist throughout the week. Thank you, Chugachmiut for your fabulous staff, the knowledge they shared, their great traditional presentations and all the help teaching craft classes. Thank you, Native Village of Eyak for putting on this event and providing the opportunity to share our culture with Cordova. Thank you, Camille Perry, from Chenega; Nancy Yeaton from Nanwalek; Carol Conant and Nick Jordon from Seward; and Cheryl Eleshansky from Cordova. Thank you to all our craft teachers and volunteers. There are so many that came in to help and we couldn't have done it without you.



Alice Graves and Grayson Marek hold the stick for Kade Christian in a wrist carry demonstration at Friday's assembly. Photo by Teal Hansen



Teague Webber and David Kuntz demonstrate the arm pull at the assembly on Friday, September 30. Photo by Teal Hansen



Mark King, Eva Hager and Jessie Alexander demonstrate making Akutuq. Photo by Danaya Hoover



5th-6th graders perform the Otter Song at the assembly. Photo by Teal Hansen



Currants. Photo by Jessie Alexander

Cranberries. Photo by Jessie Alexander

Strawberries. Photo by Jessie Alexander

SUBSISTENCE PROGRAM UPDATE

# A *berry good* year and Katuwaq Camp recap

BY JESSIE ALEXANDER

Traditional Harvesting Coordinator  
jessie.alexander@eyak-nsn.gov

### Berry Harvesting

The berries were bountiful this year and our subsistence department has been busy harvesting. The season kicked off with salmonberries in early July and stayed strong through late September with the last of the cranberries. We were able to put up gallons of salmonberries, strawberries, currants, blueberries, crowberries, watermelon berries, and highbush and lowbush cranberries. We made several cases of jelly which we distributed to tribal members along with a copy of CRRC's Recipe Book and a jar of kippered king salmon. The blueberries were mostly used for a presentation during Culture Week at the elementary school on how to make Akutaq. The leftover berries and jellies will be used for Sobriety and other future potlatches or cultural events.

### Katuwaq Camp

While at Katuwaq Healthy Family Retreat in late July, campers had the opportunity to participate in some subsistence activities such as fishing, deer hunting, berry picking and foraging. While we had no luck deer hunting, we were successful in catching halibut. Bob Ladd took groups out halibut fishing and Nick Tiedeman led them in setting and hauling a ground line. Nick also demonstrated how to fillet halibut for those interested. Younger campers pitched in and helped process and vacuum pack the fish for each family to take home. Other campers enjoyed picking salmonberries, nagoon berries and beach peas.



Joe Myszka, Nick Tiedeman, Chris Belgarde, and Bob Ladd fishing for Halibut

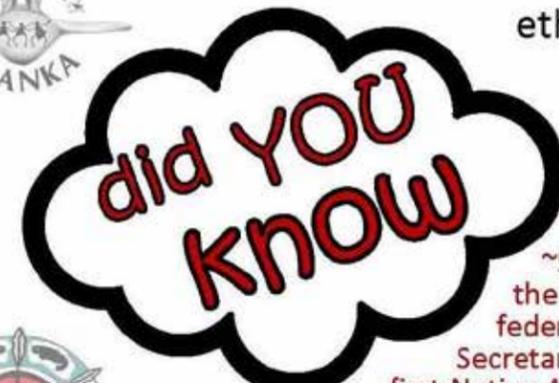
Photo by Jessie Alexander



Joe Myszka and Chris Belgarde showing their big catch at Katuwaq camp. Photo by Jessie Alexander



Layla Phillips, Hannah & Amelia Hottinger vac-packing halibut with Jessie Alexander. Photo by Danaya Hoover



The word "squaw" is an offensive and demeaning ethnic slur, historically used in reference to Indigenous North American women.

The U.S. Department of the Interior renamed ~550 areas that used the derogatory name on federal lands. Interior Secretary, Deb Haaland (the first Native American to serve as a Cabinet secretary in U.S. history), formed the Derogatory Geographic Names Task Force – comprised of representatives from the Bureau of Indian Affairs, Bureau of Land Management, Bureau of Safety and Environmental Enforcement, National Park Service, the Office of Diversity, Inclusion, and Civil Rights, Office of Surface Mining Reclamation and Enforcement, the U.S. Geological Survey and the Department of Agriculture's U.S. Forest Service – consulted with ~70 Tribal Governments in their effort to rename the geographic locations.

Squaw Bay, located to the east of Esther Pass, has been changed to "Kacuuqaq Bay." NVE's Sugt'stun Language Specialist, Shyla Olsen, has inferred that this is a misspelling for "Qacuqaq" which means "wrinkly old lady."





ILANKA CULTURAL CENTER UPDATE

# Cultural classes for the masses

BY TEAL HANSEN

Cultural Coordinator  
teal.hansen@eyak-nsn.gov

## Bear Gut Cleaning Demonstration

Ilanka Cultural Center (ICC) started this quarter off with a bear gut cleaning class taught by Brooke Mallory. The sky decided to overly hydrate the earth on the original class day and the rescheduled class day did not work out as well for many of the signed-up participants, so we reached out to Mt. Eccles Elementary School and were able to schedule a visit from the 2nd, 3rd, and 4th grade classes, as well as CHS's Alaska Native Arts class.



Teal Hansen shows 3rd graders how to scrape bear intestines on September 6.

Brooke Mallory, Mary Barrow, Arlene Olsen and the Cultural Department ladies Danaya Hoover, Teal Hansen, Jessie Alexander, and Janalie Howard, taught Cordova's youth about the process of scraping the outer and inner membrane of the bear intestines and how this material was used to make waterproof clothing and decorative accents for regalia, bags, baskets, and more!



Tribal youth, Ava Bergmann, digs in.

They learned how a dried piece of grass was sewn within a waterproof stitch so that, when wet, the grass would swell and prevent water from seeping through the stitches. The kids loved seeing how long a black bear's intestines were, had many silly questions, and giggled about bear poop.



Jackson Pallas feels intestines.

This was a new and exciting experience that we loved offering up to our elementary school and we hope to keep their involvement open for future cultural classes.



Mary Barrow helps blow up intestines to dry in the sun. All photos courtesy of Teal Hansen



ABOVE: Kindergartener Katella Hansen.

LEFT: Mrs. Reggiani's 2nd grade class cleans bear intestines.



Siblings Kim Aspelund and Mike Webber work on their crest design for her Button Blankets.



ABOVE: Mike Webber with his Button Blanket at the end of the first class on September 25.

LEFT: Jackie Ladd sews the red trim to her blanket.



Sisters Danaya Hoover and Jessica Jones work on an Aleut-styled crest design inspired by their grandfather, John Hoover, for their Button Blankets.

## Button Blanket Workshop

ICC is currently in the middle of a Button Blanket Workshop. Alberta Aspen provided the beautiful and meticulously put-together Button Blanket kits that were funded, in part, by The Eyak Foundation. We originally supplied 13 adult and two youth kits, but later purchased another five adult and five youth kits due to additional interest. Mike Webber was available to help with the crest designs. This workshop will run until Sobriety, and possibly beyond, depending on participant need and involvement.

At the time of writing this article, we are just about to start a Beginning Chilkat Weaving Class with Shgendootan George. This will be a two-week intensive class held in the evenings and weekends for 10 students. The Eyak Foundation is also a primary funding source for this class. Shgen will additionally visit the Alaska Native Arts class at the high school and teach them how to thigh spin warp and weave a small pendant.

We appreciate The Eyak Foundation for all their support in making these cultural classes possible.

Later in October, Jackie Ladd will teach a class of 10 how to make a youth-sized kuspuk. Students will gain the skills they need to make their own kuspuk, but will learn in a quick two-day class on a youth size garment.

## UP & COMING

### 27th Annual Sobriety Celebration

November 11-13  
Mt. Eccles  
Elementary School

ICC hopes to provide a 10" Drum Making Class and a 2"x3" Copper Tinaa Class during Sobriety. Stay tuned for these announcements.

## Christmas is fast approaching!

Don't forget that every \$50 spent at the Ilanka Cultural Center Gift Shop in December enters you in to win \$100 cash!! Shop local for the holidays.

## ICC Membership Drive: dinner, show & auction

January 2023  
(specific dates TBA)

We are back to offering this event in person! In the past, dinner tickets are sold for \$25, which gains you access to the quick show we provide, live auction AND gets you an annual ICC membership. In the past, our shows have included a "Getting to Know the Artist" and drawing, legend skits acted out by the youth and dance group, and a traditional fashion show! We are looking for volunteers to help with the dinner and for donations for the silent/live auction. Donation ideas: artwork, crafts, jewelry, gift baskets, frozen fish, jelly/jam, and services. \*Funding gained from the auction help fund cultural classes, offer class scholarships, and more!

## Facebook & Instagram

We are on social media! Search "Ilanka Cultural Center" and keep an eye out for changes in our shop hours, class announcements and cultural happenings. Please give us a follow and share our posts to help get the word out.

ICC is currently open from 10 a.m. – 4 p.m., Tuesday through Friday and is located at 711 First Street (across from The Netloft, below Northstar Lumber). Call 907-424-7903.



KATUWAQ HEALTHY FAMILY RETREAT

Strengthening *cultural* and *family* ties

Porpoise Rocks. All photos by Danaya Hoover

BY DANAYA HOOVER

ICC Cultural Director  
danaya.hoover@eyak-nsn.gov

Katuwaq Healthy Family Retreat started in 2019 and provides the opportunity for Tribal Members to travel for up to five days to Nuuciq, which is in Prince William Sound on Hinchinbrook Island and is the traditional Chugach village site. The retreat was put on hold during COVID-19, but thankfully the pandemic has passed.

Planning for Katuwaq Healthy Family Retreat begins in the spring and is organized by Brooke Mallory. Applications are sent to all tribal members encouraging those interested to attend. The retreat this year was held July 24-28, just after Nuuciq Spirit Camp, with around ten family groups were in attendance.

Native Village of Eyak rented Chugach Alaska Corporation's facilities and hired a charter boat from Orca Adventure Lodge to transport families to the retreat. The boat ride to the island was beautiful and the group I went with got to see a Killer Whale. The trip takes a few hours and once we arrived, we were met on the beach by fellow families and camp caretakers who helped us unload the boat of all

our gear and transport it to camp.

It was a special experience arriving at Nuuciq for the first time. It is a beautiful place. There were enough cabins for each family to have their own with plenty of room left over. Once settled into our cabins, we made our way out to explore and tour the grounds. There are camp bathrooms for boys and girls with running water and hot showers. The main hall has a huge kitchen and large area to gather for meals and for visiting. There is a boat house filled with traditional kayaks that were made right there in years past. They recently built a new subsistence building to process foods as well as a smokehouse. There is also a Russian Orthodox church and schoolhouse. With so much history there, it was neat to see signs of the generations who had visited before.

There are two grounds keepers, Kevin and Sarge who did a great job looking after us with their two husky camp dogs.

Jackie Ladd and Chris Belgarde were fantastic in the kitchen providing families with delicious breakfasts, lunches, and dinners. Days were filled with adventures and activities, enjoying the land and one another's stories. There were salmonberries just right for gathering, beach combing, and the kids

enjoyed swimming in the Sound regardless of the weather. Some days it rained, and some days were clear blue sky and sunshine.

Nick Tiedeman led a deer hunt and Bob Ladd brought his bow picker to take families halibut fishing. Processing the halibut was a group effort and the kids played a big part in it, learning to clean and filet, portion and package to share with everyone who attended.

On the rainy days we would gather and do fun craft projects. The kids learned to make friendship bracelets and how to bead. In the evenings the banya was lit and families could go enjoy sauna time. Everyone chips in with camp chores and cleaning. The camp had everything we needed. Having no cell phone service brought us all closer together and allowed us to be present in the moment. This was my first Katuwaq experience and I was so happy to share it with my sister and nephew who had also never been. I won't soon forget my time there and look forward in participating for years to come.

Thank you NVE and all the staff for providing this incredible opportunity to return to the land of our ancestors and for the ability to share the experience with our Tribal members and families.



Trevor Phillips, Evie Mills, Layla and Shannon Phillips, Amelia Hottinger enjoy good company and S'mores.



Tanner, Akalya and Makari Lohse with mom Kanisha Tiedeman enjoying a fire on the beach.



Shyla Krukoff waits for the boat with her kids Jace and Jax.



Dimitri Kompkoff and Amanda O'Brien.



Tanner and Akalya Lohse, Hawk Kennison, Jessica Jones, Layla Phillips, Kathy Hottinger, Amelia Hottinger, Trevor Phillips and Hannah Hottinger craft together.

ILANKA CULTURAL CENTER  
GIFT SHOP



conveniently located at  
**711 FIRST STREET**  
(The old trooper building)  
907-424-7903

10 A.M.-4 P.M.  
Tuesday through Friday  
ILANKACULTURALCENTER.COM

**BECOME A MEMBER!**  
\$20 for individuals, \$50 for the whole family!  
Get notices & priority on upcoming classes.  
EMAIL [DANAYA.HOOVER@EYAK-NSN.GOV](mailto:DANAYA.HOOVER@EYAK-NSN.GOV)  
OR CALL DURING REGULAR OFFICE HOURS



ILANKA COMMUNITY HEALTH CENTER UPDATE

# Healthy *mind* and *body*

BY JESSICA ARASMITH

Registration & Outreach Supervisor  
jessica.arasmith@eyak-nsn.gov

### Mental Health

As the days get shorter and winter approaches, Ilanka Clinic would like to remind you to take care of your mental health. Make sure you are getting outside when you can, eat right and exercise. These are all things that can boost your mood. Our Behavioral Health department is here if needed. They are now located downstairs at the clinic. Call us at 907-424-3622 to make an appointment.

What you eat can also affect your mental health. Call us today to make an appointment with Barbara Solomon, Licensed Nutritionist. She uses her expertise in food and nutrition to help you make changes in your diet and lifestyle promoting a healthy mind and body. Barbara hosts monthly Health and Wellness 411s. Come to the Wellness Center the second Thursday of each month to listen to Barbara talk on subjects that will assist you in advancing to a healthier lifestyle.

### Clinic Update

Ilanka Clinic continues to look for ways to improve the availability of services in Cordova. We are currently working on expanding lab services, allowing more options for in house testing. Reese Plant, MA has been promoted to Lab Supervisor. He will oversee day-to-day operations of the lab including running and maintaining lab analyzers, staff training, policy and procedure updates and maintaining all lab certifications.

### Vaccinate Today!

'Tis the season for flu. Ilanka Clinic would like to remind you to get your flu vaccination. We also have COVID Bivalent Boosters available. Call the clinic to schedule your vaccination today. COVID home tests are available for pick-up during clinic hours.

### Patient Portal

Have you signed up for Ilanka Clinic's Patient Portal? The MyHealth Patient Portal allows you to view your lab results, request appointments, send messages to your provider, access your chart notes, review your medications, receive clinic updates and much more, all from the convenience of your smart phone or home computer. Please call us at 907-424-3622 to sign up!

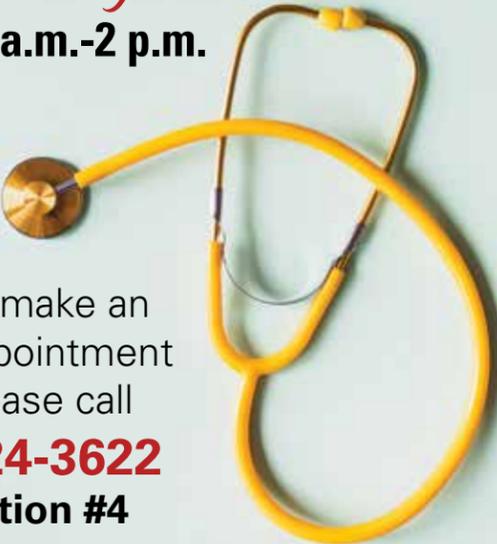
**Do you have questions about Patient Portal or need assistance accessing the app? We can help!** Our front desk staff is available to assist you with signing up or navigating the app Monday through Friday, 8:00 a.m. to 5:30 p.m. For after-hours support, contact MyHealth Patient Portal technical support at 877-621-8014, 24-hours a day, 7 days a week.



**Ilanka Community Health Clinic's staff on Orange Shirt Day.** September 30 is the National Day of Remembrance for Indian Boarding Schools which honors victims, survivors and recognizes the ongoing trauma resulting from federal Indian boarding school policy. From left: Alvin Calad, Revenue Cycle Specialist I; Jessica Arasmith, Registration & Outreach Supervisor; Laura Appleton, Patient Services Specialist; Ellen Sheridan, RN/Case Manager; Cassi Septien, RN; Nicole Piche Clinical Services Manager; Reese Plant, MA/Emergency Preparedness Coordinator; Susie Powell, LPC, CDCII, Behavioral Health Director; Karin Siebenmorgen, RN; Delia Reyes, Family Nurse Practitioner; Jim Cabusora, Medical Assistant; MaryCris Carino, CCMA; Brian Iutzi, Physician/Co Medical Director.

Photo courtesy of ICHC

**ILANKA COMMUNITY HEALTH CENTER**  
*Saturday Hours*  
**10 a.m.-2 p.m.**



To make an appointment please call **424-3622 option #4**

\*\*For emergencies, call 911 or go to the emergency room located at 602 Chase Ave. If you would like to speak to a nurse after hours, call 424-3622 and follow the prompt to our Nurse Line. Thank you!

CALL **907-424-3622** TO MAKE AN APPOINTMENT, **705 Second St. CORDOVA, AK 99574**



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY

**FREE Narcan Kits & Fentanyl Test Strips**

AVAILABLE AT **Ilanka Community Health Center**



*Anyone interested can receive a free and confidential Overdose Response Kit and Fentanyl test strips.*

Narcan® temporarily blocks or reverses the effects of opioids allowing people to breathe again. This gives time to seek emergency medical assistance.

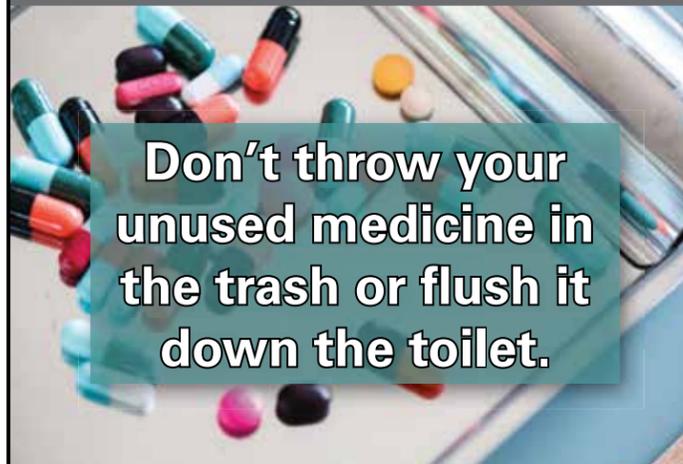
Please call Ellen at **424-3622 option # 3** for more information.

705 Second St. Cordova, AK 99574  
**907-424-3622**



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY

**ILANKA COMMUNITY HEALTH CENTER**



**Don't throw your unused medicine in the trash or flush it down the toilet.**

**Deactivate your medication safely at home with a free medication disposal bag available at Ilanka Community Health Center.**

CLINIC HOURS  
**8 a.m. to 5:30 p.m. Monday - Friday**  
**Saturdays 10 a.m. to 2 p.m.**

CALL **907-424-3622** FOR MORE INFORMATION, or stop by **705 Second St.**



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY

**FLU VACCINES**  
*have arrived at Ilanka Clinic!*

Take everyday preventive actions to help stop the spread of flu viruses.



*Call to make an appointment today.*

CALL **907-424-3622** TO MAKE AN APPOINTMENT, or stop by **705 Second St.**



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY



DENR UPDATE

# Professional welder visits Baird Camp

BY JIMMY PALEY

DENR Engineer  
james.paley@eyak-nsn.gov

NVE's Department of the Environment and Natural Resources teamed up with ReconCraft to bring a professional welder from Oregon all the way to Baird Camp on the Copper River to tackle some welding projects.

Baird Camp is a remote facility on the Copper River where fisheries research is conducted, mostly in the form of using fishwheels to capture migrating salmon which are tagged and released. These fishwheels are specifically designed for research purposes and have been in use every spring and summer for over two decades. Like any piece of equipment and especially the ones subjected to the harshness of the Copper River, some wear and tear is to be expected and the fishwheels have needed repair for some years now.

Logistically, bringing a professional aluminum welder and all the necessary gear to camp is not a trivial task, especially with the short window of time in the shoulder seasons when the fish wheels are not in use and the before the harsh interior winter sets in. We were finally able to make this trip happen for a week in August, despite some challenging weather conditions. Welding outside in the wind and rain, coupled with repairing equipment that has been inundated with glacial silt is no easy feat, but with myself along with Jack Essary, a welding contractor for ReconCraft, we were up for the challenge. It sure has been a wet summer and fall and this particular week was no exception. Grundens were donned, tarps were



Jack Essary in front of Childs Glacier on the trip downriver to Cordova. All photos courtesy of Jimmy Paley

hung and we made the best of the conditions.

With a river skiff full of gear, we set off from 27-mile for the 1.5-hour boat trip passing by Childs and Miles glaciers and up to camp where we spent the week working on the fishwheels. The sounds of generators, air compressors, power tools, and welding could be heard at the otherwise quiet slice of wilderness.

The biggest accomplishment was repairing the live tank buffers, which act as a consumable wear item to protect the pontoons from the live tanks as they jostle around from the powerful current of the river. We quickly found a rhythm where I conducted the demolition and weld prep ahead of Jack doing the fabrication and welding. A handful of other minor repairs were made before packing up the gear and winterizing the cabin for the season. The repairs will surely help the fishwheels run smoothly and safely in the coming years of Copper River fisheries research.



Jimmy Paley showing his gratitude for a finished repair of a live tank box tubing buffer.



Jack Essary working on a live tank box tubing buffer repair.

### Tribal Member Photos

SHARE YOUR PHOTOS IN THE NEXT NEWSLETTER BY EMAILING THEM TO ECHO@EYAK-NSN.GOV. \*1MB+ JPEG images work best. Please include brief caption info, photo credit and first and last names of those pictured.



Gunnar Davis on Opening Day of duck season, Sept. 1, 2022.

Photo courtesy of Jason Davis



Emberlyn Eike, age 5, harvesting salmonberries to share with Elders in Anchorage. Photo courtesy of Savannah Eike



Successful salmonberry harvest on July 6. Photo courtesy of Savannah Eike



Back row from left, Rebecca Calfina, NVE Tribal Judicial Systems Administrator; Lennette Ronnegard, NVE Tribal Court Chief Justice; Caroline Lee, Tribal Justice Coordinator at Rural Alaska Community Action Program; front row from left, Yvette Falcon, legal assistant at Koniag Government Services; Monique Vondall-Reike, Tribal Court Project Manager at Koniag Government Services and Lisa Jaeger, Tribal Government Specialist at TCC. Photo courtesy of Rebecca Calfina

### Tribal Court update

## NVE represented at 38th Annual Alaska Tribal Court Conference

BY REBECCA CALFINA

Tribal Judicial Systems Administrator  
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Tribal Court Chief Justice Lennette Ronnegard and I traveled to Fairbanks August 2-5 to attend the 38th Annual Alaska Tribal Court Conference co-hosted by the Tanana Chiefs Conference and the University of Alaska Fairbanks. The conference was held at the Westmark downtown with topics ranging from Responding to Children's Emergencies and Protection, Drug and Alcohol Use and Effects, Tribal Probation and Re-Entry, Integrating Culture into our Courts, Tribal Policing, and the 2022 Reauthorization of the Violence Against Women's Act.

After cancellations due to COVID for two years, it was well-attended with Tribal Court representation across the state from Kake, Metlakatla, Chickaloon, and Kotlik, just to name a few. The wisdom and experiences presented by speakers from each of these Tribal Courts was informative and encouraging!

The Alaska State Troopers also received an invitation and put to-

### Understanding Tribal Territorial Jurisdiction in Alaska after VAWA 2022

1. The Violence Against Women Act Reauthorization Act of 2022 reaffirms the inherent sovereignty of Alaska Tribes to exercise their authority over all Native people present within the boundaries of a Village.

#### SEC. 813. TRIBAL JURISDICTION IN ALASKA.

(a) IN GENERAL. - Subject to title II of Public Law 90-284 (25 U.S.C. 1301 et seq.) (commonly known as the "Indian Civil Rights Act of 1968"), Congress recognizes and affirms the inherent authority of any Indian tribe occupying a Village in the State to exercise criminal and civil jurisdiction over all Indians present in the Village.

2. In recognizing tribal territorial jurisdiction in Alaska, VAWA 2022 refers to "Villages" as defined in the Alaska Native Claims Settlement Act, commonly known as ANCSA, which is now a part of the United States Code in Title 43.

(7) VILLAGE. - The term "Village" means the Alaska Native Village Statistical Area covering all or any portion of a Native village (as defined in section 3 of Alaska Native Claims Settlement Act (43 U.S.C. 1602)), as depicted on the applicable Tribal Statistical Area Program Verification map of the Bureau of the Census.

### Alaska Native Justice Center Voices for Justice: Understanding Tribal Territorial Jurisdiction in Alaska after VAWA 2022.

gether some very comprehensive presentations about drug task force response, missing persons and crime lab processes. Lennette and I joined a table with a stellar group of knowledgeable, hilarious, and hard-working women.

I value our time together and the thought-provoking conversations we shared regarding Tribal Court business in Alaska. We also sat down for a one-on-one consultation with representatives at the Bureau of Indian Affairs to discuss travel funding and program expansion opportunities affecting Native Village of Eyak. Thank you to NVE for the ability to travel and help bring back knowledge that will further our Tribal Court System!

## NVE TRIBAL COURT Available to the entire community Everyone is welcome

Native Village of Eyak's Judicial Department offers:

- Conflict Resolution
- Family Mediation
- Restoration
- Juvenile Diversion
- Child Welfare (tribal members only)
- Intervention

For more information, contact  
Rebecca Campbell Calfina at

**907-424-7880**

500 Water Street, Cordova, AK (next to the Alaska Court System)  
Rebecca.Calfina@eyak-nsn.gov or courtclerk@eyak-nsn.gov



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